

## Excessive sleepiness – including obstructive sleep apnoea syndrome

‘Excessive sleepiness’ having, or likely to have, an adverse effect on driving includes:

- obstructive sleep apnoea syndrome of any severity
- any other condition or medication that may cause excessive sleepiness
- see also guidance on **Primary/central hypersomnias, including narcolepsy**

Legislation states that objective sleep study measurements for driving assessment purposes should use the apnoea-hypopnoea index (AHI). Recognising that not all sleep services use AHI, DVLA will accept results of equivalent objective tests.

The ‘Tiredness can kill’ leaflet (INF159) is for drivers concerned about excessive sleepiness.



	Group 1 car and motorcycle	Group 2 bus and lorry
<b>Excessive sleepiness due to a medical condition (see relevant chapter) including mild obstructive sleep apnoea syndrome (AHI below 15) or medication.</b>	<p>● Must not drive.</p> <p>Driving may resume only after satisfactory symptom control.</p> <p>If symptom control cannot be achieved in three months DVLA must be notified.</p>	<p>● Must not drive.</p> <p>Driving may resume only after satisfactory symptom control.</p> <p>If symptom control cannot be achieved in three months DVLA must be notified.</p>
<b>Excessive sleepiness due to obstructive sleep apnoea syndrome – moderate and severe:</b> <ul style="list-style-type: none"> <li>■ AHI 15 to 29 (moderate)</li> <li>■ AHI 30 or more (severe) on the apnoea-hypopnoea index or equivalent sleep study measure</li> </ul>	<p>● Must not drive and must notify DVLA.</p> <p>Subsequent licensing will require:</p> <ul style="list-style-type: none"> <li>■ control of condition</li> <li>■ sleepiness improved</li> <li>■ treatment adherence</li> </ul> <p>DVLA will need medical confirmation of the above, and the driver must confirm review to be undertaken every three years at the minimum.</p>	<p>● Must not drive and must notify DVLA.</p> <p>Subsequent licensing will require:</p> <ul style="list-style-type: none"> <li>■ control of condition</li> <li>■ sleepiness improved</li> <li>■ treatment adherence</li> </ul> <p>DVLA will need medical confirmation of the above, and the driver must confirm review to be undertaken annually at the minimum.</p>
<b>Excessive sleepiness due to suspected obstructive sleep apnoea syndrome.</b>	<p>● Must not drive.</p> <p>Driving may resume only after satisfactory symptom control.</p> <p>If symptom control cannot be achieved in three months DVLA must be notified.</p> <p>See above when diagnosis is confirmed.</p>	<p>● Must not drive.</p> <p>Driving may resume only after satisfactory symptom control.</p> <p>If symptom control cannot be achieved in three months DVLA must be notified.</p> <p>See above when diagnosis is confirmed.</p>